Ottawa metro

Your essential daily news | TUESDAY, OCTOBER 20, 2015

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A *new* CANADA

SPECIAL EDITION

ELECTION 2015

Trudeau's Liberals sweep to victory

- Stephen Harper steps down
- Mulcair: End to 'politics of fear and division'
- Metro's analysis: Invest in infrastructure
- Grits reclaim the capital

THE CANADIAN PRESS

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metro ELECTION

2015 FEDERAL ELECTION

CANADA'S NEW PRIME MINISTER

Liberal leader and Prime Minister Elect Justin Trudeau kisses his wife following his victory speech at Liberal party headquarters in Montreal on Monday after winning the 42nd Canadian general election. SEAN KILPATRICK/CANADIAN PRESS

The son also rises

NEW GOVERNMENT

Canadians vote for change as Liberals sweep

Prime Minister Justin Trudeau.

That title, which seemed improbable a mere 11 weeks ago, is now set to become a reality after the Liberals' historic, come-from-behind result, besting incumbent Conservatives and hopeful New Democrats in one of the country's longest and costliest elections.

"Canadians from all across this great country sent a clear message tonight. It's time for change in this country my friends, real change," Trudeau said in Montreal.

"A positive, optimistic hopeful vision of public life isn't a naive dream. It can be a powerful force for change."

The election ushers in a new era for Canada as Trudeau was swept to power on a vow to change how Canadians were governed and a commitment to end what he branded as the Conservatives' divisive style of politics.

Preliminary results had the Liberals at 189 seats, comfortably more than the 170 seats needed for a majority government in the expanded 338-seat House of Commons. It's a stunning rebound for a party that had been knocked down to 34 seats in the 2011 election and left for dead.

The Conservatives won 103 seats, the New Democrats 35, the Bloc Québécois 10 and the Green Party had one seat, won by leader Elizabeth May.

The day was a humiliating loss for Conservative Leader Stephen Harper, who has served as prime minister since 2006, and a crushing night for NDP Leader Thomas Mulcair.

Harper, who had led his Conservatives to three successive victories, immediately signalled he would be stepping down as leader and instructed the Conservative party to appoint an interim leader and launch a process to select a new leader, according to a party statement.

TORSTAR NEWS SERVICE

WINNING QUOTES

Canadians from all across this great country sent a clear message tonight.

Tonight Canada is becoming the country it was before.

We beat negative, divisive politics with a positive vision that brings Canadians together.
Justin Trudeau

CANADA'S LIBERAL GOVERNMENT

Grits dominate, but what now?

ELECTION 2015

Trudeau win caps stunning reversal of fortunes

Steve Rennie
Metro | Ottawa

Liberal Leader Justin Trudeau greets supporters as he steps off his campaign bus for a rally October 13 in Toronto. The Liberals swept Atlantic Canada and continued to gain ground across the country. PAUL CHIASSON/THE CANADIAN PRESS

Justin Trudeau's Liberals didn't just win this election. They did what few, aside from the most die-hard of partisans, thought possible a few short weeks ago.

They dominated.

They swept Atlantic Canada and never looked back.

It is a stunning reversal of fortunes for a party many wrote off as dead after the last campaign four years ago.

The shock result will leave the Conservatives and NDP scratching their heads.

But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.

From the start of this marathon campaign, the ballot-box question has been the same: do you want change, and if you do, which party has the best shot at unseating the Conservatives?

Who would have thought when this whole thing started back at the beginning of August that Trudeau's Liberals would be that party?

Trailing in the polls, without the wind that Tom Mulcair's New Democrats had in their sails, and with an untested leader prone to speaking first and thinking later, the Liberals looked like they'd be lucky to hold on to their three dozen seats.

Yet here they are, 11 week later, poised to form a majority government and to return a Trudeau to 24 Sussex for the first time since 1984.

So, what now?

We already know what the Liberals plan to do: run three years of deficits to pay for a multibillion-dollar infrastructure plan, redistribute the federal child benefits of high-income families to less wealthy ones, look at changing the Conservatives' controversial anti-terrorism legislation and reform the Senate through an arms-length process to select future members, to name a few things. There will be much soul-searching in the rival camps.

> **The shock result will leave the Conservatives and NDP scratching their heads. But it is clear Trudeau's team managed to capitalize on the desire of many Canadians for change.**

Stephen Harper's days are done. The Conservatives will be looking for a fresh start under a new, less polarizing leader.

They must broaden the party's appeal and find a way to grow the party's traditional base if they hope to return to power.

A new leader should help. Plenty of people say they like the Conservatives but can't stand Harper. But the party will also need to decide if its hardline positions on issues such as the niqab and legalizing marijuana need to be softened.

What happens to Mulcair is a trickier question. He has done an admirable job as Parliament's interrogator-in-chief, but he alienated some voters by steering his party to the political right.

He probably deserves another shot, but he may not get one. Politics is a cruel business.

Christopher Schafer
Public Policy Manager
for Uber Canada

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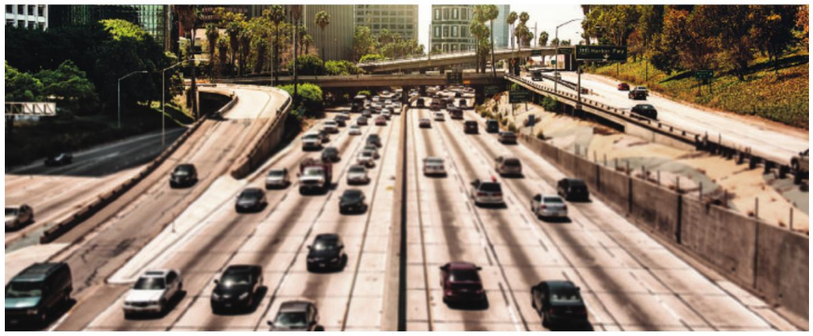
1 Infrastructure spending

Almost double federal spending on infrastructure over next decade by adding $60 billion on top of the $65 billion already committed, even though it will mean running an annual deficit of up to $10 billion to 2019.



2 New childcare benefit

A new child benefit meant to provide greatest benefit to lower-income families. For a two-child family earning $45,000 a year, the benefit would provide $9,850 a year.

3 Income tax rate changes

Reduce income tax rate to 20.5 per cent from 22 per cent for those with taxable income between $44,700 and $89,401. The Liberals would introduce a new tax rate of 33 per cent for those earning more than $200,000 annually.

THE HOUSE OF COMMONS

LIB 185 CON 100 NDP 42
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CANADA'S OPPOSITION

HARPER QUOTES

During the past nine years it has been an unbelievable honour to serve as your prime minister.

Know this for certain: When the next time comes, this party will offer Canadians a strong and clear alternative based on our ... values.

While tonight's result is certainly not the one we had hoped for, the people are never wrong.

Stephen Harper greet supporters in the Calgary Heritage riding prior to the Conservative leader conceding defeat. THE CANADIAN PRESS

Harper to step down as leader after election loss

NEW LEADERSHIP

Conservatives now the official opposition

Monday, as many Conservatives wrestled with a heartbreaking loss, Harper stepped down as party leader, said Conservative Party national president John Walsh.

"I have spoken to Prime Minister Stephen Harper and he has instructed me to reach out to the newly elected parliamentary caucus to appoint an interim leader and to the National Council to implement the leadership selection process pursuant to the Conservative Party of Canada constitution."

"I wish to address all Canadians," Harper told a large crowd of supporters here. "During the past nine years it has been an unbelievable honour to serve as your prime minister."

"We put it all on the line, we gave everything we had to give and we have no regrets whatsoever."

Jason Kenney, defence minister in Harper's cabinet, said "it's a bad night for the Conservative party, but we'll come back." He said the Conservatives' policies were not the problem but "where we went wrong was on tone," said Kenney.

"We need a conservatism that is sunnier and more optimistic," he said. "We have to take collective responsibility for that."

He deflected questions about leadership ambitions.

The first outward sign of trouble on election day in Stephen Harper's Calgary home base was the grim looks on his staffers' faces as the Conservative leader arrived to vote.

Then came reports from the Conservative campaign across the country. It looked bad. Mid-morning officials thought the party could emerge with just 120 seats.

But there was Harper, visibly at ease with an outcome he knew in his gut was coming — that his campaign was skidding to a brutal loss. Harper had a relaxed lunch with his campaign team, boosting their spirits, and spent time preparing "lots of speeches," at ease with a number of possible outcomes.

Those who know Harper best say it was the same ease he has carried since February when he made the decision to call an unexpected early election campaign that would start in August — a decision his campaign does not regret.

> **We put it all on the line, we gave everything we had to give and we have no regrets whatsoever.**
> Stephen Harper

The decision that Harper made on whether to stay or go was known to very few.

Earlier, before Harper announced his intention to step down, Guy Giorno, chair of the Conservative campaign, had said there would be an in-depth post-mortem on how the campaign was conducted but rejected any suggestion that Harper was not the man to lead it.

He said it was a simply a near impossible feat to win four mandates. "We just couldn't buck history."

Giorno ascribed the Conservative loss to the collapse of the NDP vote, and said, "We are "proud" of the campaign Harper conducted, but declined to identify where he thought it went wrong.

"I'm the chair of the campaign. To the extent we fell short of the mark, I'm accountable the buck stops with me, I take responsibility for that."

Asked if the Conservatives had underestimated Trudeau, Giorno dodged. "I think we had the measure of what he was promising to do which is to raise taxes and cut benefits from Canadians and now Canadians will see that."

"The prime minister knew we were in for an extremely difficult battle," said campaign official Ken Boessenkool in an interview with Torstar News Service, but Harper didn't want to leave the fallout from the Mike Duffy fraud trial "and other stuff" to another leader.

"He thought it best that he take us into this campaign, that he lead the campaign and that he leave a strong vibrant party if that was Canadians' choice to the next person."

Boessenkool said Harper can hold his head high because he has left the party in strong shape for the long term.

For many, there was only one possible outcome. Harper would have to step down in order for the party to rebuild.

"There'll be legacy discussion, mourning and an immediate leadership," race that begins Tuesday said one Conservative organizer.

Recriminations were beginning, and blame assigned, in some cases to campaign manager Jenni Byrne who was not in Calgary for Election Day — while the other top people on the campaign team were.

TORSTAR NEWS SERVICE

Shocking collapse as NDP support waivers

THOMAS MULCAIR

Campaign built around 'change' fails to live up to momentum

The New Democrats came so close, but then the campaign rolled on and history left the historic hopes of the New Democrats — and their beloved Official Opposition status — behind.

Thomas Mulcair did not become prime minister in the first federal election where one could talk seriously about that being a possibility, and by 11 p.m. had already spoken to prime minister-designate Justin Trudeau to congratulate him on his victory.

Early results suggested Mulcair would keep his Montreal riding of Outremont, but the race looked very close as much of the rest of the province — and the country — got swept up in the Liberal momentum.

There will be much disappointment (and second-guessing) in the ranks for that, as the party recovers from its orange crash. Was it the niqab? Was it the decision to promise a balanced budget? Was it that Mulcair could just not compete, on a personality level, with the charismatic Trudeau?

Time will tell as the post-election analysis comes in, but as one NDP insider put it even before the devastating results started rolling in Monday night: This was a momentum campaign, propelled by the desire for change, and the momentum did not go their way.

The bad news began in Atlantic Canada, losing both NDP Deputy Leader Megan Leslie and long-time MP Peter Stoffer to the Liberals.

They knew those provinces would likely be a near-Liberal sweep, but by the time the Quebec results started rolling in, it was clear the NDP had fallen hard and fast to third place.

The mood in the room was sombre, with a smattering of cheers and applause as the occasional victory rolled in — including that of Ruth Ellen Brosseau in the Quebec riding of Berthier-Maskinongé, the young woman who travelled to Las Vegas during the 2011 election campaign and then had come to symbolize how many of the paper candidates from 2011 had worked hard to become serious MPs.

Early results also suggested they would be able to hold their own in British Columbia.

But celebrations came few and far between, despite party president Rebecca Blaikie at one point yelling some enthusiasm into a microphone in front of a relatively small crowd of supporters: "It ain't over till it's over!"

But it was over, really, and it was even hard to see a silver lining, beyond the fact that Conservative Leader Stephen Harper — against whom they campaigned hard — had gone down to defeat.

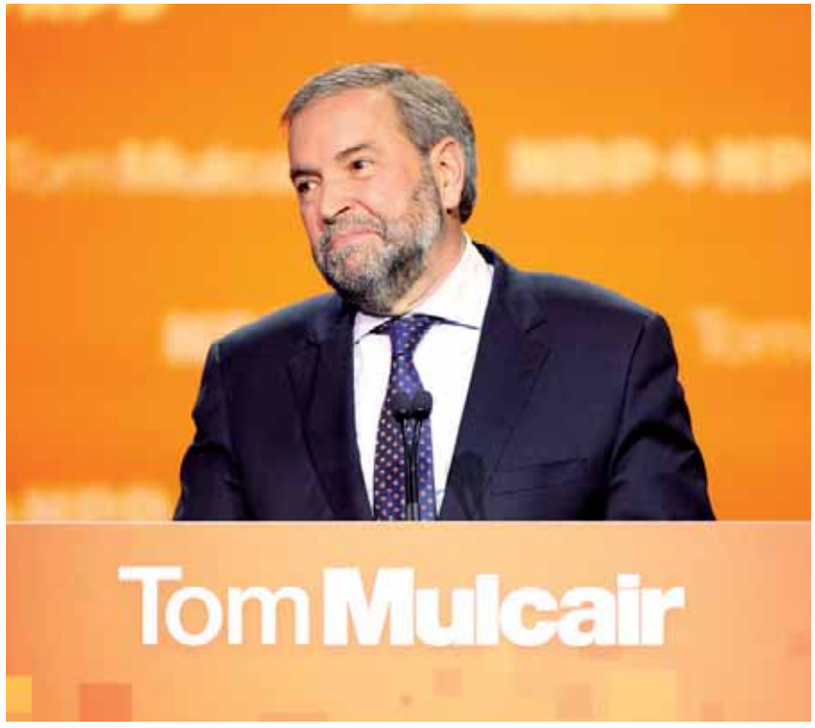
Before the poll results started coming in, NDP sources who acknowledged their path to victory had disappeared were still confident the party would at least receive its second-best result in its history.

That second-best bar was not a high one to jump. Before 2011, when the late Jack Layton led his party to Official Opposition status, the highest number of seats they had ever had in Ottawa was 43, under former leader Ed Broadbent.

And yet, they did not even make that.

The fall from 95 seats at the dissolution of Parliament to Elections Canada online results showing them leading in just 42 seats, at time of publication Monday night, is a steep one. And this, especially, for a campaign that had been arguing the party needed only 35 more seats to defeat the Conservative government of Stephen Harper, unlike the 100 needed by the Liberals, who in the end were the ones to actually do it.

TORSTAR NEWS SERVICE



NDP Leader Tom Mulcair speaks to supporters Monday in Montreal. THE CANADIAN PRESS

MULCAIR QUOTES

Canadians have turned the page on 10 long years and have rejected the politics of fear and division.

I could not be prouder of the diversity and strength of our NDP team.

SAANICH-GULF ISLANDS

May welcomes crowd to 'post-Harper era'

Thandi Fletcher
Metro | Vancouver

Elizabeth May has done it again.

The Green Party leader coasted to victory Monday night, winning her seat as MP for Saanich-Gulf Islands on Vancouver Island for the second time.

Although the polls had just closed in British Columbia, May waltzed into the Green election headquarters like a winner, walking hand-in-hand with Green candidates Jo-Ann Roberts and Frances Litman as her forecast of a Stephen Harper Conservative defeat appeared to be coming true.

"Welcome to the first night of the post-Harper era!" a beaming May said to a crowded room of about 150 supporters. "I don't know for sure about being re-elected except that Tom Mulcair just called to congratulate me for being re-elected."

Before that call, May said she also spoke to Liberal Leader Justin Trudeau on the phone to congratulate him on his victory and to ask when she could meet with him to discuss the upcoming United Nations climate conference.

But it wasn't all celebration for the Greens.

Heading into the election, May, who was one of just two Green MPs in the last Parliament, hoped her party would gain the support of enough voters to secure a more influential presence in Parliament.

Once the final votes were tallied, however, it became clear that May's hopes were dashed as the party retained only her seat.

At press time, the party's share of the popular vote appeared to have dropped to 2.9 per cent.

Speaking to Metro after her win, May said she blamed strategic voting, as well as being excluded from three of the five leaders' debates on the Green's low seat count, especially in B.C.

WITH FILES FROM TORSTAR NEWS SERVICE

MAY SAID

We have a huge base to build on and people will vote green next time.

Green Party Leader Elizabeth May breaks into song and dance to celebrate the repudiation of Stephen Harper.
THANDI FLETCHER/METRO

IN BRIEF

Ballots scarce as voter turnout surges in Prairies

Voter turnout was so high on some reserves on the Prairies that there were reports of a handful of polling stations running out of ballots.

Leanne Nyirfa with Elections Canada said stations were stocked with ballots based on turnout from the last federal election in 2011.

She said a station on Siksika Nation, east of Calgary, went without ballots for about 15 minutes until workers could deliver more.

Sheila North Wilson, grand chief of a group representing First Nations in northern Manitoba, said she was told there were not enough ballots on some remote reserves in the province.

She said some voters were given photocopies of blank ballots instead.

North Wilson said the turnout showed the First Nations vote has mobilized and people want change.

THE CANADIAN PRESS

OTTAWA VOTES

Liberals take back

BREAKDOWN

Ottawa goes to the Grits in eight out of nine ridings

Lucy Scholey
Metro | Ottawa

If Ottawa voters had been betting on their local election results based on last year, they put all their money on a predictable blue-red split between ridings.

But after the Liberals crushed the Atlantic provinces early in the evening, it seemed more possible that Ottawa would turn entirely red.

And, poll-by-poll, eight out of nine Ottawa-area ridings did just that.

Although the newly minted Nepean and Kanata–Carleton ridings were up for grabs, they are both located in traditionally Conservative-leaning areas. But the Liberals swept through with sizeable leads.

Now, not only is retired lieutenant colonel Karen McCrimmon the first woman to command a Canadian Forces flying squadron — she's also the first MP for Kanata–Carleton. This was her second run at a federal seat, after losing to former longtime Conservative candidate Gordon O'Connor in the old Carlton-Mississippi Mills riding in 2011.

Her colleague, former tech company executive Chandra Arya, won in nearby Nepean.

Conservative MP Pierre Poilievre is keeping his job in the new Carleton territory.

The only real predictable Ottawa-area upset of the night was in Orleans. Polls had been predicting the Liberals' star candidate, Andrew Leslie, a former Canadian general, would beat incumbent Conservative Royal Galipeau. This riding boasted the country's second-highest voter turnout at the advanced polls, after 18,741 constituents cast their votes.

Only two of the all-money-on-red ridings — Ottawa—Vanier and Ottawa South — were predictable enough to bet on. Mauril Belanger was the first Liberal to reclaim his safe red stronghold in Vanier. David McGuinty is keeping his office in Ottawa South.

Across the river, the Liberals won Gatineau, Hull-Aylmer and Pontiac — all former NDP ridings.

While Monday marked a historic comeback for the Grits, one could hardly call this election a nail-biter — especially after the Atlantic results rolled in.

By just 9:45 p.m., multiple media outlets projected a Liberal government. Almost an hour later, it was pegged as a majority.

The power ridings NDP, Conservative incumbents toppled

Orleans

Red once again, with big loss for Galipeau

Haley Ritchie
Metro | Ottawa

Orleans is red once again. Liberal candidate Andrew Leslie unseated Conservative incumbent Royal Galipeau in the riding by a large margin when ballots were counted Monday evening.

The race in the east-end Ottawa riding was expected to be close, with both federal parties counting on a victory.

Traditionally, the area has been a Liberal riding, but Galipeau had been the area's member of parliament for close to a decade, voted in along with Stephen Harper in 2006.

It took a star candidate to win votes back. Leslie is a former Canadian Forces general and began advising Justin Trudeau on foreign affairs in 2013. Support in Orleans was likely aided by his military service and fluency in French. A number of military personnel live in the riding.

Anti-Conservative non-profit Leadnow worked with "Vote Smart Orleans 2015" and Ecology Ottawa to encourage strategic voting, which may have played a role in the strong turnout for Leslie: the NDP's Nancy Tremblay came in a low third.

Ottawa Centre

NDP incumbent unseated in nail-biter

Joe Lofaro
Metro | Ottawa

In one of the closest races in the Ottawa area, first-time candidate Catherine McKenna unseated the NDP's Paul Dewar in Ottawa Centre.

McKenna, an experienced human rights and social justice lawyer, defeated the incumbent MP, who won the seat in 2006.

It was a nail-biting race as the results poured in with the Liberal and NDP candidates often neck-and-neck.

But for Dewar to lose was a shock to many. As the NDP foreign affairs critic, he challenged the Conservative government on everything from the Syrian refugee crisis to local issues like affordable housing.

But it appears Ottawa Centre wanted change. McKenna's supporters were glued to the TV at the Clocktower Brew Pub where they waited for her victory speech.

The riding in the heart of Canada's capital was arguably the most politically engaged riding, as Elections Canada said it had more advance votes cast than any other riding countrywide.

Ottawa West—Nepean

Grits dominate former Tory stronghold

Ottawa West—Nepean returned to its Liberal roots Monday night with a sea of red flooding into the suburban riding as Anita Vandenbeld captured the sought-after riding.

Leading by a wide margin, Vandenbeld dominated the race as Conservative candidate Abdul Abdi trailed behind.

At the Time Out Bar and Grill, supporters chanted her name as they watched the poll results come in.

Unlike most ridings in the capital, Ottawa West—Nepean was a true three-way race with no incumbent after the departure of long-time MP and cabinet minister John Baird.

The riding was Liberal when it was created in 1996.

It had been a Conservative stronghold since Baird won the seat in 2006. In the 2011 election, Baird won a whopping 44 per cent of the vote, while the Liberals trailed behind at 31 per cent, which was a five per cent drop from the 2008 election.

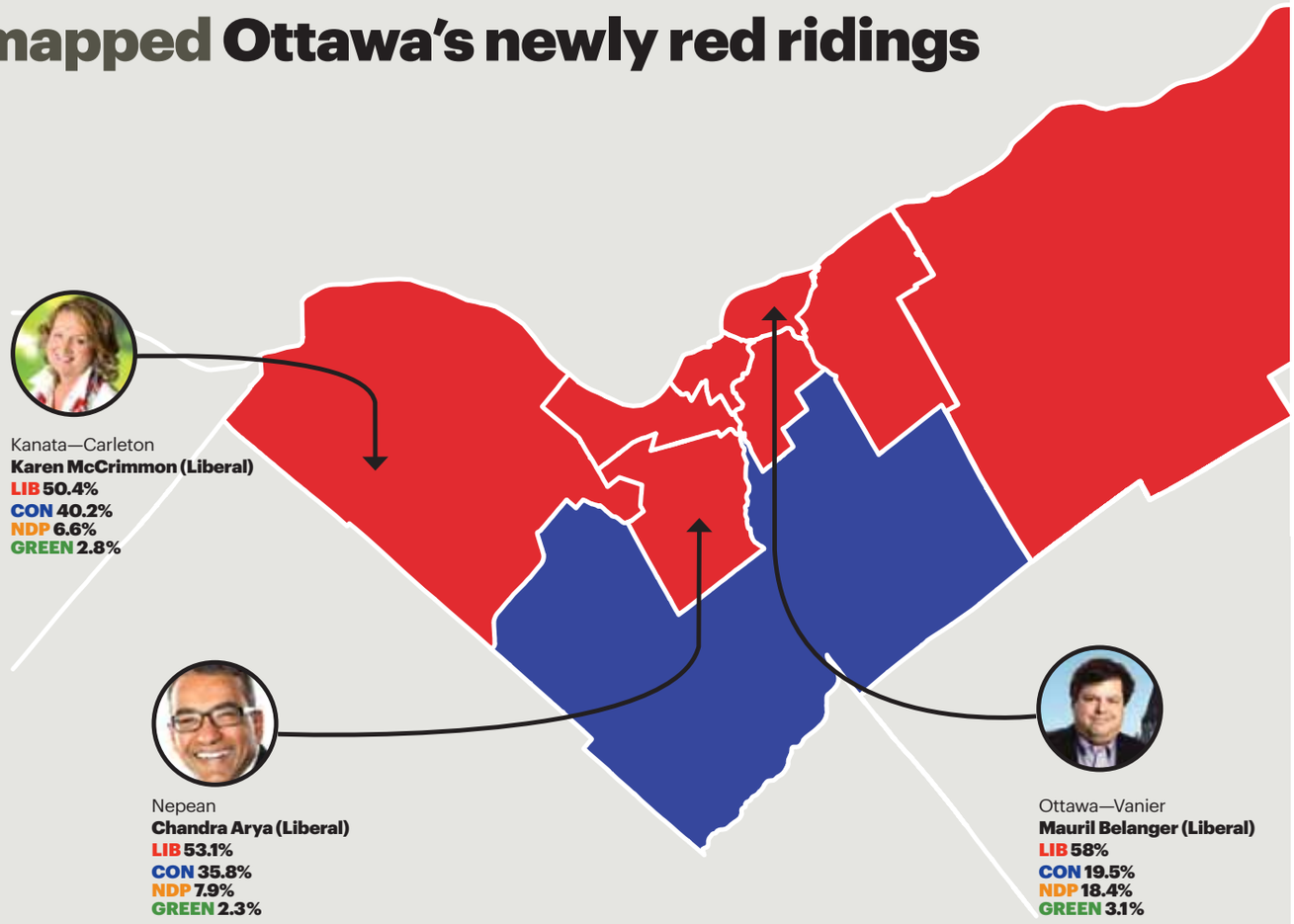
Abdi, an Ottawa police officer and rookie candidate, was the Tories' hope of keeping the riding.

The NDP's Marlene Rivier lost her fifth consecutive election. JOE LOFARO/METRO

the capital region

Anita Vandenbeld celebrates after winning the riding of Ottawa West—Nepean, formerly held by the Conservative foreign affairs minister John Baird until he stepped down earlier this year.
ORLANDO BLACKSMITH / FOR METRO

mapped Ottawa's newly red ridings



What will Grits' win mean for Ottawa?

ANALYSIS

Public servants can look for reset with new government

Michael Woods
Metro | Ottawa

The national capital region was no exception to the red wave that swept the country Monday night, with eight of the city's nine ridings going Liberal.

The Conservative party went from holding about half of Ottawa's ridings to just one: Pierre Poilievre in Carleton.

A new Liberal majority government could mean significant changes to the National Capital Region. For the city's many public servants, it means a reset of relations with the government.

The relationship between the federal bureaucracy and the governing Conservatives had grown increasingly sour. Public service unions mobilized against the Conservatives to an unprecedented degree during the election campaign.

Most recently, the Conservatives' introduction of new rules that would allow them to impose a new sick leave system, bypassing the collective bargaining process, raised the unions' ire.

That law could soon be toast. During the campaign, Liberal Leader Justin Trudeau penned an open letter to public servants pledging to restore trust in and respect for their work.

He pledged to revisit legislation that affected collective bargaining, He also vowed to restore the long-form census, improve mental health support and unmuzzle government scientists.

There will be a new minister responsible for the National Capital Region, a position long held by John Baird and, more recently, Poilievre.

Ottawa South incumbent David McGuinty and Ottawa Centre winner Catherine McKenna, who upset the NDP's Paul Dewar, would both be strong candidates for that position, which oversees the National Capital Commission.

The NCC board itself could also get a shakeup. The mayors of Ottawa and Gatineau have requested seats on the board, and the Liberals have said they will closely examine that proposal.

The planned site for the controversial memorial to the victims of communism will probably be on the move. The Liberals campaigned on moving the memorial from its planned location southwest of the Supreme Court building. That spot is opposed by Ottawa city council, along with architectural and community groups.

All three major parties committed to fund a third of the $3-billion Phase 2 of the LRT. But the Liberals' pledge to invest in infrastructure could bode well for projects down the road, such as extending the future LRT Phase 2 out to Trim Road in the east and running a link to the airport in the south.

CANADA VOTES

The visual campaign

The 11-week road to Parliament, with photos curated by Metro photographer Liz Beddall

Michael Woods
Metro | Ottawa

The longest federal election campaign in modern Canadian history had its share of twists and turns. Here are some that stood out.

Aug. 6: First leaders' debate

With the Liberals third in the polls, party leader Justin Trudeau delivered a fiery performance at the first debate, outstripping expectations and setting the tone for his ascent in the polls.

Aug. 11-19: Nigel Wright testifies at Mike Duffy trial

Stephen Harper's former chief of staff's testimony provided an unflattering look at the inner workings of a prime minister's office in crisis mode.

Aug. 27: Liberals promise deficits

In a bold strategic move, the Liberals aimed to remove themselves from the pack by proposing deficit spending until 2019 to invest in infrastructure.

Sept. 3: Alan Kurdi

The photo of three-year-old Syrian boy Alan Kurdi's body on a beach in Turkey, and revelations that his relatives were hoping to reach Canada, rocked the campaign in early September.

Sept. 15: Niqab ruling

The Conservatives pledged to challenge a court ruling striking down its ban on the niqab at citizenship ceremonies, leading to accusations that the party was fostering anti-Muslim sentiment.

Oct. 5: TPP

The Conservatives heralded the Trans-Pacific Partnership as a historic economic agreement. The NDP opposed it and the Liberals said they would study it further.

Liberal Leader Justin Trudeau poses for a selfie with a supporter in Waterloo, Ont. The cellular self-portrait made a major splash throughout the election campaign and was particularly prevalent along Trudeau's trail. JONATHAN HAYWARD/THE CANDIAN PRESS

NDP Leader Tom Mulcair and his granddaughter play on a pumpkin in L'Assomption, Que. The campaign offered the leaders plenty of photo ops. RYAN REMIORZ/THE CANADIAN PRESS

'Anyone but Harper' became the rallying cry of the electoral left, while the Conservative leader continued to enjoy strong support in the polls. JONATHAN HAYWARD/THE CANDIAN PRESS

Green Party Leader Elizabeth May, right, participates in a No to Energy East and Line 9B Pipelines protest in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS

Amena Kathrada, centre, walks out of the Hellenic Cultural Centre in Toronto after casting her ballot for this year's election. Stephen Harper made religious attire an election issue with his government's efforts to ban niqabs at citizenship ceremonies. MELISSA RENWICK/TORSTAR NEWS SERVICE

Liberal Leader Justin Trudeau, left, NDP Leader Tom Mulcair, centre, and Conservative Leader Stephen Harper come together for the Globe and Mail-hosted leaders' debate last month. RYAN REMIORZ/THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, October 20, 2015

ROSEMARY WESTWOOD

It felt more like a relief than a victory. 'A lot of good people lost,' my friends echoed each other — excited to see the Conservatives out of power, but sad to see the gutting of the NDP.

I could tell our hostess had been giddy all day.

"I feel like someone who loves sports," she said breathlessly as we rode up the elevator. It was only 5 p.m.

Your election party might have been rowdy. Ours was candlelit. Camembert cheese (thankfully not ice-cold), a homemade North African peanut soup and bottles of red wine. How else does a feminist salon — in the sense of an assembly of friends — toast to the demise of Stephen Harper?

There was the hostess, who is a social-justice advocate, and our friends, the lawyer, the fashion designer and the non-profit manager. For a night amped up this much on social media, we were ready to be giddy. Then the CBC — and Peter Mansbridge in particular — started coverage with all the pulse and excitement of a funeral. It would turn out to be Stephen Harper's.

We watched Mansbridge humdrum his way through Atlantic Canada's red sweep, caught a shot of Ian Hanomansing and a hit of actual energy from the unequalled Rosemary Barton, and switched to the Jays, just in time for the second inning go-ahead run.

"Come on, come on, come on!"

"Yes, yes, yes!!"

By then, the Liberals had 60 per cent of the votes counted so far, and it was time for brownies and ice cream.

"Should I microwave these brownies so they're gooey?" asked Hostess.

The ladies squealed as the Jays rapidly scored another spate of runs. And the CBC's snoozefest coverage continued, until 9:41 p.m., when we switched back.

"Based on this," Mansbridge was saying, "the next prime minister of Canada will be Justin Trudeau."

"Oh my God. Oh my God," said Non-Profit.

"Eat it, Stephen Harper!" said Lawyer.

CBC was calling 54 seats for the Liberals, 18 for Conservatives, and the NDP? Just three.

"The NDP just got slaughtered," I said.

"They really did," Non-Profit said.

In Outremont, though early in the polls, Thomas Mulcair trailed in his own riding.

"Oh dear," Non-Profit sighed. "He must be, like, 'How did this all happen'?"

The CBC's background was by then awash in red, with photos of Justin Trudeau in a canoe.

"It's like 165!"

"Really fast!"

There was only one Liberal voter in the bunch. But no one was sad for a Trudeau win — just sympathetic for the NDP. Non-Profit would have wanted a coalition. The others agreed.

They bemoaned the loss of Megan Leslie in Halifax and Peggy Nash in the GTA — popular politicians who seemed to have lost more to anti-Harper sentiment than to Trudeau.

The votes rolled in.

"Oh, Chris Alexander lost!"

"Excellent!"

"Yes! Fantino's gone!"

Stephen Harper was projected to win his seat.

"I just want to see him concede," I said.

"Ooh," the ladies cooed.

All the anger on all sides of the spectrum gives way, on election day, to hope.

"He'll probably just scurry home," Non-Profit quipped.

"What'll he do after?" wondered Hostess.

"He'll do some stupid Conservative think tank and write some angry articles," Non-Profit answered. "He'll love it. And play in his band the Vancats."

I held my breath for one more Green MP, and the CBC called it a Liberal majority.

It felt more like a relief, less like a victory.

"A lot of good people —"

"A lot of good people lost," said Designer.

They echoed each other: excited to see the Conservatives kicked out of power, but sad to see the gutting of the NDP.

Earlier in the day, just after voting, I'd felt the gleam of a new government. It was silly, but I felt I already knew it was the end of Harper, the start of something.

There was sunlight. Lemon and lime and cherry-red leaves. Dogs poked their heads over fences. I saw an Olivia Chow supporter's Harper's Last Day pin, and it finally felt possible, instead of simply aspirational.

All the anger on all sides of the spectrum gives way, on election day, to hope.

But we didn't vote for newness, so much as voted against the status quo.

"It's easier to say now, to feel badly for the NDP, because we know we're not threatened by the Conservatives," noted Designer. "But we all said before, 'not Harper.' And this is what we're left with."

Plus, they added, "We have a new, young, hot Prime Minister!"

"Everyone is going to be like, Where did they get this hottie from?"

Answer: The dynasty train.

THE MICROTREND: Peer pressure at the polls

The result may not be the only surprising thing about this election. There were signs of a turnaround in youth turnout. Social-media newsfeeds were crowded with young people encouraging others to vote — with selfies, with funny memes and occasionally with shaming tactics. The excitement was palpable online, from an indigenous youth voting campaign to a site for organizing "vote parties," making civic duty a social occasion. Why? It could be Conservative fatigue, or university students who were allowed to vote on campus in their home riding for the first time. But it might also be that since 2011, many millennials have transitioned into full-blown adults, with homes of their own, taxes to pay, small children and aging parents. Where there was once utter disaffection, there are now urgent reasons to vote.

Long-simmering campaign a recipe for voter engagement

Emma Teitel

On Oct. 10, Mary Cleaver, a B.C. woman in her 40s, posted on Facebook about why she would not be voting for Stephen Harper, even though his party's economic policies might benefit her family.

"You've underestimated us," she wrote. "On Oct. 19, we're not voting for our bank balance. We're voting for change because we want the caring Canada of our youth back."

Cleaver's post was shared in the thousands from coast to coast. Spreading Cleaver's message were disenchanted Conservative supporters and staunch progressives eager to disseminate any criticism of Harper. But the group I noticed linking to Cleaver's post most enthusiastically were people my age, in their 20s — a demographic thought unlikely to show up at the polls, yet clearly inspired by the notion that a person would base their vote not on how it might affect her, but on how it might affect the lives of others.

Say what you want about this campaign's bizarre ugliness, but you'd be remiss if you failed to acknowledge that this was a remarkable campaign for youth engagement. It was rife with an unusual passion for the democratic process.

People still may not be voting at the rates they should be, but they are at least learning about politics. Political discourse, whether partisan, balanced or incomprehensible, was almost impossible to ignore this election season.

"People really recognized this was an important and decisive election," said Melana Roberts, 26, co-chair of the Toronto Youth Food Policy Council. "Young people ... are far less apathetic. We are recognizing we are the makers of our own futures, and if we don't stand up for the things we believe in, no one else will."

Roberts may be right about waning apathy. But I have a different theory about high youth engagement with politics: Our election was simply too long to ignore.

If you're a politically uninformed person (I was one for a very long time), when there is an election — usually five weeks in Canada — you typically tune in twice: when the campaign kicks off, and before you're supposed to go to the polls, when you hastily read whatever campaign literature you can get your hands on.

But the protracted election cycle gives voters no choice but to marinate in the issues, and it's infinitely beneficial in an age where sites filter out content deemed irrelevant to our personal interests. Yes, taxpayers have to foot the bill for a long election, but some things — a healthy, engaged democracy for one — are worth the time and money.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

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PHILOSOPHER CAT
by Jason Logan

Business group backs carbon tax, pipeline

CHAMBER OF COMMERCE

Proposals include trade pact, pension reform

The Canadian Chamber of Commerce is urging the next federal government to implement a suite of initiatives, including changes to the Canada Pension Plan and the adoption of a national carbon tax aimed at cutting greenhouse gas emissions within 35 years.

The business organization, which represents chambers and boards of trade across the country, says the policy changes were part of 49 resolutions adopted at its annual meeting over the weekend.

It's calling on the federal government to work with provinces on a new tax, or legal limit, that would lead to a "substantial reduction" in greenhouse gas emissions by 2050, though the chamber didn't provide any specific goals in its announcement.

The chamber is also pushing for reforms to the Canada Pension Plan that would let employees contribute higher amounts.

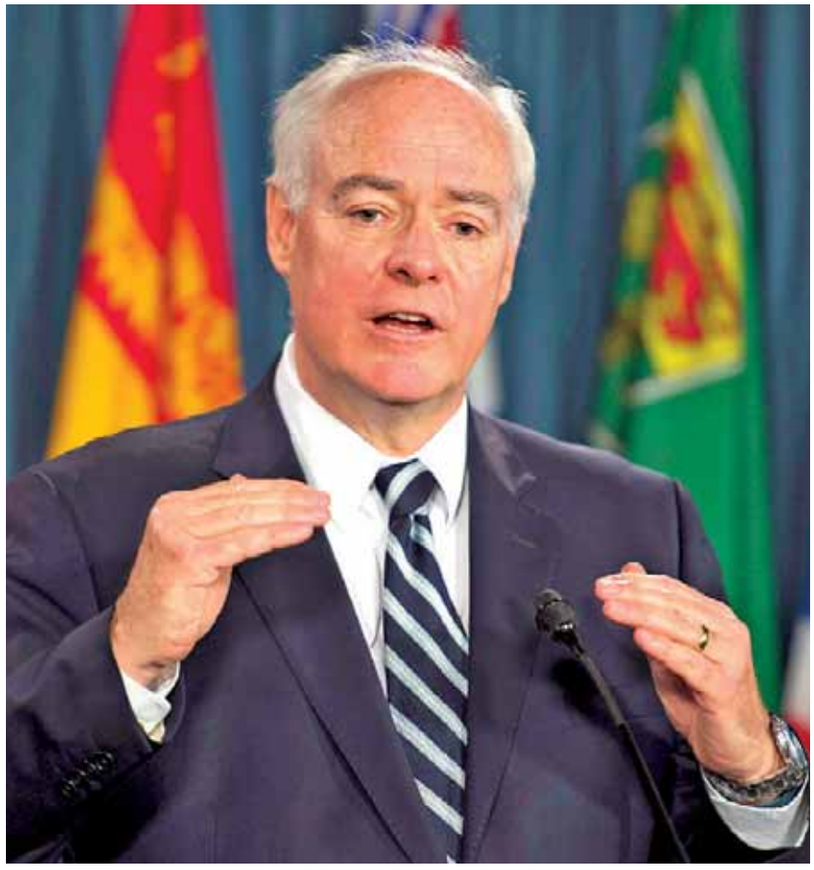
It is also asking for "favourable conditions" to support TransCanada's Energy East Pipeline, a proposed development that would have the capacity to transport 1.1 million barrels of crude oil per day from Alberta to refineries and ports in Eastern Canada.

Among the other resolutions was support to finalize the Trans-Pacific Partnership and an initiative to streamline applications under the federal temporary foreign workers program.

"We expect the new government to put Canada's competitiveness at the top of its list of priorities," said chamber president and CEO Perrin Beatty in a statement.

"With these new resolutions that cover a wide array of topics, we're ready to present the priorities of the business community to the new government."

THE CANADIAN PRESS



Perrin Beatty, President and CEO of the Canadian Chamber of Commerce, speaks about the Trans-Pacific Partnership during a news conference in Ottawa earlier this month.

ADRIAN WYLD/THE CANADIAN PRESS

> **We expect the new government to put Canada's competitiveness at the top of its list of priorities.**
> Perrin Beatty

LUFTHANSA

Gangster on trial for 'Goodfellas' heist

An aging gangster went on trial Monday on charges he was in on the $6-million Lufthansa holdup in 1978, a legendary theft dramatized in the hit film Goodfellas.

The brazen armed robbery of cash and jewelry in the dead of night at a cargo terminal at Kennedy Airport was "the score of all scores" for Vincent Asaro and other mobsters of his generation, Assistant U.S. Attorney Lindsay Gerdes said in opening statements in federal court in Brooklyn, N.Y.

Asaro, 80, aligned himself with heist mastermind, the late James (Jimmy the Gent) Burke — played by Robert De Niro in the 1990 Martin Scorsese film — "because he knew Burke was someone he could make money with," Gerdes said. "Jimmy Burke and Vincent Asaro were true partners in crime."

Defence attorney Diane Ferrone countered by accusing the government of relying on the testimony of untrustworthy turncoat mobsters, including a close associate of Asaro's cousin, Gaspare Valenti. She labeled the cousin a con artist who became a paid government informant in the late 2000s and agreed to wear a wire to record their conversations.

"You shouldn't believe him because his latest con victim is the United State government," Ferrone said.

On Valenti and other government witnesses, she said, "When necessary, they lie to each other and they lie to save themselves … once a liar, always a liar."

THE ASSOCIATED PRESS

In this 2014 courtroom drawing, Vincent Asaro, left, is joined by his attorney, Gerald McMahon, at federal court in New York.

THE ASSOCIATED PRESS FILE

IN BRIEF

TD review streamlines Canadian operations

Toronto-Dominion Bank is eliminating some jobs and changing others as part of a company-wide review.

TD had more than 80,000 full-time equivalent staff last year, according to the bank's 2014 annual report. THE CANADIAN PRESS

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Migrants walk toward Slovenian police after crossing from Croatia, in Brezice, Slovenia, on Monday. SANTI PALACIOS/THE ASSOCIATED PRESS

Migrants hit Croatia

CRISIS

Border opened to let refugees keep moving to Slovenia

Thousands of people trying to reach the heart of Europe surged across Serbia's border into Croatia on Monday after authorities eased restrictions that had left them stranded for days in ankle-deep mud and rain.

The wave of humanity left behind a field scattered with soaked blankets, mud-caked clothing and waterlogged tents as they headed for Slovenia, the next obstacle to their quest to reach richer European Union nations via the Balkans.

Monday's surprise move allowed an estimated 3,000 more migrants to enter Croatia bound for its small Alpine neighbour, which also has been struggling to slow the flow of humanity across its frontiers — and faced another wave of trekkers seeking to reach Austria and Germany to the north.

900

Number of migrants estimated to have reached Austria through Slovenia on Monday.

"Without any announcement, the borders opened. When the borders opened, everybody rushed," said Melita Sunjic, a spokeswoman for the UN refugee agency.

Many had discarded their mud-soaked socks and walked only in sandals or slippers through the ankle-deep muck in a driving rain, frigid winds and fog.

Croat police stood aside to permit asylum-seekers by the thousands to walk toward buses for transport north — where they would become Slovenia's problem.

Croatia's prime minister, Zoran Milanovic, said conditions on the poorly sheltered Serb side of the border had quickly grown unbearable.

"It's apparent that this is no solution, so we will let them through. We will send them toward Slovenia," Milanovic said. THE ASSOCIATED PRESS

GERMANY

Violence erupts at anti-Islam rally

Violence flared in the eastern city of Dresden after German anti-Islam group PEGIDA staged a rally to mark its first anniversary Monday.

Scuffles broke out when police tried to separate far-right protesters and counter-demonstrators attempting to block their path. Marko Laske, a spokesman for city police, said one person was hospitalized and a counter-demonstrator was detained.

Dresden authorities had warned ahead of the protest that they would crack down hard on violence, amid growing concern in Germany that PEGIDA — whose name stands for "Patriotic Europeans against the Islamization of the West" — is becoming more radical.

German officials accuse the group of trying to capitalize on fears of immigration amid an unprecedented influx of refugees to the country.

Many in the crowd held banners with slogans such as "refugees not welcome." Speakers who touched on the issue of migration elicited chants of "send them back."

Germany's top security official warned that groups such as PEGIDA were paving the way for violence, citing a sharp increase in attacks on refugee shelters this year and a weekend knife attack on a leading candidate to be mayor of Cologne. The attacker told police he acted out of anti-foreigner motives.

Interior Minister Thomas de Maiziere told public broadcaster ARD late Sunday that the domestic intelligence service was monitoring PEGIDA and called its leaders "hard far-right extremists."

Monday's protest drew a bigger crowd than the previous week, when some 9,000 joined the rally. Organizers claimed almost 40,000 attended. THE ASSOCIATED PRESS

Protesters attend an anti-Islam demonstration in Dresden, eastern Germany, on Monday. JENS MEYER/THE ASSOCIATED PRESS

DEMOCRACY

Half-holiday fails to woo Egyptians to vote

Egypt gave government workers a half-day off on Monday in an attempt to boost low turnout in the first legislative elections since a chamber dominated by Islamists was dissolved by a court ruling in 2012, but there was no sign of increased activity at polling stations.

Monday is the second day of voting in 14 provinces. Voting in Egypt's other 13 provinces, including Cairo, will take place next month.

Final results are scheduled to be announced in December and the 596-seat chamber is expected to hold its inaugural session later in the month, thus completing a three-phase political roadmap announced by President Abdel-Fattah el-Sissi when, as military chief, he ousted Islamist leader Mohammed Morsi in July 2013.

The first two phases were drafting and adopting a new constitution by January 2014, replacing a charter mostly written by Morsi supporters and which had an Islamist slant. Presidential elections, which el-Sissi won last year, were the second stage.

> **Unfortunately the youth aren't coming out. Us old people are.**
> Retiree Fatima Salam

The parliamentary elections are widely expected to result in a rubber-stamp assembly supportive of el-Sissi. A low turnout would indicate growing disillusionment or distrust of the political system under his rule.

Prime Minister Sherif Ismail was quoted by the official Middle East News Agency as saying turnout in Sunday's voting was between 15 and 16 per cent. Some half-dozen judges interviewed on Monday gave roughly the same figure.

The figures given by officials, however, appeared to be much higher than the coverage by TV news networks would suggest. State media has acknowledged that turnout was generally weak on Sunday.

Associated Press reporters who toured polling centres across Giza on Sunday and Monday said that, unlike in elections held since the 2011 uprising that toppled autocrat Hosni Mubarak, there were no long lines. THE ASSOCIATED PRESS

Soldiers inspect voters' documents outside a polling station in Fayoum, Egypt on Monday. EMAN HELAL/THE ASSOCIATED PRESS

IN BRIEF

Eritrean slain by mob was mistaken for a Palestinian

The death of an Eritrean migrant who was shot and beaten by a mob that mistakenly believed he was a Palestinian attacker set off a round of soul-searching Monday amid the jittery atmosphere sweeping Israel in a wave of unrest.

Some critics accused Israel's leaders of fostering the charged climate, while others called for the swift prosecution of the crazed mob.

Nine Israelis have been killed in the past month in the attacks, mostly stabbings. At least 41 Palestinians have been killed — including 20 identified by Israeli authorities as attackers; the rest were slain in clashes with Israeli forces. THE ASSOCIATED PRESS

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Oprah's new diet is Weight Watchers' gain as she buys a stake in the company

Trans Canada in harm's way

WELLNESS

Documentary shows access to transgender health care is bumpy at best

Henrietta Walmark
Metro | Canada

AJ Ripley is a non-binary trans-masculine PhD student fighting for the funding of proper health-care services in New Brunswick. ALL PHOTOS: SARAH THOMAS MOFFAT

"I didn't think I would live past 30 at that point," AJ Ripley, a gender ambiguous person, says in the Vice Canada documentary On Hold: Investigating Transgender Health Access in Canada.

Ripley is seen standing in front of a portrait of their pre-transition self in the Marie Fox exhibit at the Beaverbrook Art Gallery in Fredericton, N.B. "I was 28 at the time and didn't imagine I would make it to 30. So as a 30-year-old standing here in an entirely different body, and looking at those eyes, I just want to hold that person and tell them that it's going to be OK."

It's a vulnerable moment in contrast to Ripley in the opening scene of On Hold, which they host and co-produced. (Ripley is non-binary and prefers the pronouns they/them/their(s).) The trans activist is on the phone trying yet again to schedule a meeting with New Brunswick's minister of health, Victor Boudreau.

Ripley wants a face-to-face meeting with Boudreau to discuss the health minister's comment that doctors don't need to service trans patients if they disagree morally and religiously with their identities.

New Brunswick is the only province in Canada that does not offer any funded procedures to transgender people. On Hold uses that fact as a jumping-off point to examine transgender health care access across the country.

"I'm one of the people who is waiting for surgery," Ripley tells Metro in a phone interview from Fredericton. "It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.

"Anywhere else I could apply and go through the paperwork and get it covered, but because my government doesn't pay for it, I have to crowdfund. That can feel like a shameful experience."

While other provinces offer some access to some surgeries, Ripley says that even in Ontario, which has one of the best trans health-care models, "there are still a lot of problems because of understaffing, lack of education and prejudice."

"When you're trans, your life really becomes your cause," says Ripley. "You're an activist from the time you wake up until the time you go to bed, unfortunately."

When allies ask how they can help, Ripley suggests sharing information on social media. "What I tell people is to like my article about what it's like to be a trans activist online. Put it on your (Facebook) wall if you're cisgender, heteronormative people. It might not receive a ton of likes but it doesn't mean people aren't reading it or engaging with it.

"It means the world to me to know that I have 50 or 60 people sharing this documentary in their social media realm," says Ripley, "knowing that will snowball to thousands of other people."

The trans activist was finally able to meet with the New Brunswick health minister, but Boudreau asked for patience until a budget review late in October. "At that time if he doesn't show us that he's trying to find a solution for trans people in the province, we'll have to ramp up our activism," says Ripley.

"Dr. Edgar in the documentary does say that what we've learned statistically through a number of surveys is that waiting equates to death," says Ripley. "So access to trans health care and gender reassignment surgery is not trivial or optional or elective, it's really a matter of life or death. People that spout ideas about these surgeries being cosmetic, I hope that they read more or watch the documentary and realize the damage in that narrative."

> **It's a really precarious position to be in, to have to ask your friends and family to give you money for a surgery that you need because my government won't pay for it.**
> Transgender activist AJ Ripley

LEARN MORE

On social media

- Watch the documentary On Hold on YouTube or at vice.com.
- Follow AJ Ripley on Twitter @genderunicorn and on their blog, Trans Canada (My Way).

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Provinces can learn from IVF funding

QUEBEC

The older the mother, the more the cost of live birth

The cost to Quebec taxpayers for a single baby born to a woman aged 40 and older ranges from almost $45,000 to more than $100,000 under the province's publicly funded IVF program, a study has found.

And while no live births were recorded for women age 44, the mean cost of failed in-vitro fertilization among this age group hit almost $600,000.

Those findings, say researchers, represent a cautionary tale for any other jurisdiction considering whether to fund a similar program.

In 2010, Quebec became the first jurisdiction in North America to cover the costs of IVF for couples unable to conceive on their own. The program funds three cycles of the procedure — stimulating ovulation, egg retrieval and embryo transfer — that results in a live birth.

The actual cost is higher: the program does not reimburse patients for medications needed for IVF, which typically run between $3,000 and $5,000 per cycle and are often paid for by private insurance.

In all, 246 babies were born to women 40-plus during the 2010-2012 study period, said lead researcher Dr. Neal Mahutte, medical director of the Montreal Fertility Centre.

Researchers found that each live birth achieved through IVF for women aged 40, and using their own eggs, cost the government $43,153, a figure that increased exponentially with age, reaching almost $104,000 for 43-year-olds.

A single live IVF birth for women over 40 in Quebec costs $45K to $100K, while failed attempts in women over 44 hit almost $600,000, according to a new study ISTOCK

In contrast, IVF treatment that resulted in a live newborn for women under age 35 averaged $17,919, say the researchers.

Because the Quebec government didn't put an upper age limit on its program, older women whose prognosis for conception even with IVF continues to diminish with each birthday are also eligible for funding.

"So you had an awful lot of patients in Quebec who actually underwent more than three egg retrievals, and particularly in your 42-year-old and older patients, where they have high cycle-cancellation rates, they can have high rates of having a retrieval but no egg, or an egg that doesn't fertilize or nothing to transfer," Mahutte said.

"You had patients who would repetitively cycle because they had basically everything to gain and nothing to lose by trying again."

THE CANADIAN PRESS

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More myopia seen in first-borns

STUDY

Oldest sibling at 10% greater risk of being short-sighted

Welsh researchers have found a link between eye problems and birth order. ISTOCK

First-born children have a 10 per cent greater risk of developing myopia compared to their siblings, according to research undertaken in Wales. The researchers point to a possible connection with parental investment in education.

Myopia in children is becoming increasingly prevalent in most countries and is proving to be a major challenge in public health terms.

While certain factors have been identified as triggers for this condition, such as genetics and the amount of time spent outdoors and indoors, a new study highlights a link between myopia and birth order.

Researchers at Cardiff University in Wales undertook a study using data from the UK Biobank database involving 89,000 participants aged between 40 and 69. None of them had had a family history of myopia, thereby removing any genetic factor that could affect their sight.

The researchers compared the participants' vision assessment and their risk of myopia by studying their birth order in the family.

Greater parental investment and the increased influence of educational criteria in the early childhood of first-born children could mean they are more exposed to factors triggering myopia, say the researchers.

The more studying the first-born children do compared to their siblings, the greater the difference in sight between them, reports the study, which points to parental role in children's school life, particularly first-born children, as a potential explanation for this phenomenon.

Their findings, which were published this month in the journal JAMA Ophthalmology, indicated that compared to their last-born and younger siblings, first-born children had a 10 per cent greater risk of becoming short-sighted and a 20 per cent greater risk of developing a severe form of myopia.

Taking their work a step further, the team then took account of environmental factors associated with the noted difference.

The researchers used two criteria: the highest educational qualification obtained and the age of completion of full-time education, in order to evaluate the degree of exposure to education depending on birth order.

Previous studies have shown that myopia is accentuated by intense reading, writing, and working at screens at school, university and in professional life.

The researchers suggest that reduced parental investment with siblings who follow the first-born could be linked to the lower risk of myopia in the younger and youngest siblings in a family. AFP

VITAMINS

Tens of thousands of ER visits blamed on over-the-counter pills

Over-the-counter supplements, including vitamins and weight-loss aids, are being blamed for 23,000 visits to U.S. emergency rooms each year, according to a decade-long study this week.

The findings published in the New England Journal of Medicine are based on reports from a nationally representative sample of 63 emergency departments from 2004 through 2013. The study raised new concerns among experts over the safety of an industry that critics say is largely unregulated and yet highly popular among consumers — bringing in $14.8 billion in 2007, or one-third of the out-of-pocket expenditures for prescription drugs, according to background information in the article.

Weight-loss aids were a leading culprit in the 20-to-34 age group, causing more than half of ER visits, commonly for heart-related symptoms including palpitations, chest pain or irregular heartbeat. AFP

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The science of lovesickness

INTERVIEW

Rejection's impact on the brain explored in new doc

A painful ache in your heart. Depression. Inability to stop crying.

These are all symptoms of a paralyzing illness that affects people all around the world — it's called lovesickness.

Biological anthropologist Helen Fisher is an expert on romantic love who has studied the effects of romantic rejection on the brain. She is also the lead scientist in a new documentary, Sleepless in New York

Describe the science behind lovesickness.

(Through brain scans of 17 people dumped recently), we found activity in a brain system that is completely linked with deep feelings of romantic love for the person. So when you've been dumped, you still continue to love them. We also found activity in a brain region linked with attachment, so even though they've dumped you, you still feel a feeling of deep attachment to this person. We also found activity in three brain regions linked with cravings. And one of those three is the main addiction centre for all drugs of abuse. Last but not least, we found activity in a brain region linked with the anxiety that goes along with rejection but also linked with pain.

Is romantic love addiction?

It is an addiction. The addiction centres become active.

How dangerous can romantic rejection be?

Well, if you kill yourself, that's the finale of your life on Earth. If you kill someone else, that's the finale for them. If you're stalking someone, you're terrifying them. And if you slip into clinical depression, you don't get out of bed.

Is there a formula for overcoming romantic rejection?

I would treat it as an addiction. Throw out the cards and letters. If you're giving up alcohol, you don't keep a bottle of vodka on your desk. Don't write. Don't call. Don't ask that person's friends about them.

TORSTAR NEWS SERVICE

The documentary Sleepless in New York by director Christian Frei follows people who have been rejected by their lovers in the days and weeks following their breakups. HANDOUT

STUDY

Parents now advised to introduce allergenic foods earlier

Parents should be feeding their babies potentially allergenic foods to ward off serious allergies, suggests a new review of recent evidence.

The review, published Monday in the Canadian Medical Association Journal, states that most babies at four to six months of age can begin eating these foods, which include cow's milk, soy, peanuts, tree nuts, eggs, wheat, fish, shellfish and sesame.

And once those foods have been introduced, it's important the baby continue to eat them on a regular basis or an allergy could develop.

"We're in the midst of a food allergy epidemic, so prevention is really important," said co-author Dr. Elissa Abrams of the University of Manitoba's department of pediatric allergy and clinical immunology.

> **In the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy.**
> Dr. Elissa Abrams

In the past, parents of babies at high risk of developing allergies were advised to wait 12 months to 36 months before introducing commonly allergenic foods.

"At the time we thought that if you allowed the infants' immune system and gut to mature it would decrease the chance that they would become allergic," said Abrams, who co-authored the review with Dr. Allan Becker.

Instead of food allergy rates dropping, as was expected, there was an increase in some areas.

"For example, in the U.K., when they started avoiding peanut there was as much as a tripling of peanut allergy," said Abrams.

Later studies "found that giving the foods late did not prevent allergies and in fact may actually increase the risk that these children would become allergic."

Groups including the Canadian Society of Allergy and Clinical Immunology now call for introducing peanuts to high-risk kids at between four and 11 months of age.

The new review does suggest it might be advisable for parents to visit an allergist if there is a history of allergies in the family.

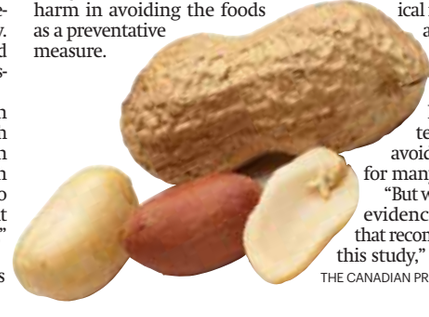
A recent survey of Canadian households found that eight per cent, or one in 12 families, reported at least one food allergy.

Researchers have also learned more about what could be causing food allergies.

"We now think that you can actually become allergic through your skin, specifically broken skin such as in children with eczema, if they're exposed to these foods in the environment and not already eating them," Abrams said.

"So that's why the guidelines have shifted so dramatically from the old guideline, which was wait, to the new guideline, which is there is no need to wait."

Current guidelines say mothers don't need to avoid foods that commonly cause allergies while pregnant or breastfeeding. Many mothers ask what's the harm in avoiding the foods as a preventative measure.



"There is a harm," said Abrams. "In some of the studies, when moms avoided foods when they were pregnant, they were at an increased risk of having small children and having children that were born early."

Dr. Susan Waserman, professor of medicine in the clinical immunology and allergy division at McMaster University, said in her clinic they haven't been telling parents to avoid allergenic foods for many years.

"But we never had good evidence even to make that recommendation until this study," she said.

THE CANADIAN PRESS

Popcorn: No longer just for movies and ball games

TREND

The new it-food is salty, sweet, or served with smoked trout

The recipe makes eight to 10 servings. COURTESY LISA GNAT AND JULIE ALBERT, BITE ME MORE

Popcorn is having a moment. It's increasingly appearing on menus in high-end restaurants and artisanal shops are dreaming up dozens of ways to dress up the nostalgic movie-time snack.

"I think popcorn is a really special ingredient," says pastry chef Farzam Fallah of Richmond Station restaurant in Toronto, which sometimes features desserts with popcorn ice cream.

"I think it's just a new ingredient to be more heavily explored."

One dessert he's served is based on Cracker Jack and teams sticky toffee pudding, peanuts, cream ale foam and popcorn ice cream. Another is influenced by movie theatre snack bars — a serving of popcorn ice cream, chocolate cake, cola meringue, Twizzlers puree and Skor candy bar mingled on a plate.

When popping the corn, he burns it slightly because "burned popcorn translates way better in flavour." He then steeps the corn in an ice-cream base and strains it out so all that's left is butter popcorn flavour.

Christine Couvelier, whose Culinary Concierge company helps clients build their brands and keep ahead of market trends, predicted last December that popcorn — in fun flavours or as a creative ingredient — was on the trend horizon.

"It has arrived and I also think it's going to continue to be something to watch for next year too," she says from Victoria.

She's had popcorn drizzled with olive oil in an appetizer with avocado, smoked trout tartare and house-made chips.

"It was a really interesting texture combination to put on that plate," she recalls.

Rob Bragagnolo, chef at Marben restaurant in Toronto, likes the texture and crunch popped grains add to food. He pops quinoa, chickpeas, wild rice and millet in addition to corn.

"Even things like ceviche, adding a bit of popcorn is quite cool in the summer.... I've seen it anywhere from a bar snack with an interesting sort of flavour topping to being an ingredient in a dish, both for different texture and for something that's a bit more unusual.

At Toronto Popcorn Company, co-owners Joseph and Caramhel Villegas concoct more than 50 flavours. This fall, they're introducing pumpkin spice and autumn delight, which has a riot of fall colours and a mixture of flavours such as green apple, orange peel, banana and grape.

Their spiciest offering, buffalo kick, and cookies-and-cream are bestsellers. And the recent post-season excitement generated by the Toronto Blue Jays prompted a party planner to order a mixture of blueberry and white cheddar popcorn to mimic the team colours.

Pretzel Popcorn

In this sweet and salty treat created by Lisa Gnat, popcorn and pretzels are tossed with a caramel sauce, baked and then drizzled with melted chocolate.

- 3 l (12 cups) unsalted popped popcorn
- 625 ml (2 1/2 cups) mini pretzels
- 250 ml (1 cup) brown sugar
- 125 ml (1/2 cup) butter, cubed
- 50 ml (1/4 cup) light corn syrup
- 2 ml (1/2 tsp) kosher salt
- 1 ml (1/4 tsp) ground cinnamon
- 2 ml (1/2 tsp) baking soda
- 125 g (4 oz) white chocolate, melted
- 125 g (4 oz) semi-sweet chocolate, melted

1. Preheat oven to 120 C (250 F). Line a baking sheet with parchment paper. Coat a large mixing bowl with non-stick cooking spray and place popcorn and pretzels in the bowl.

2. In a medium saucepan over medium heat, combine brown sugar, butter, corn syrup, salt and cinnamon. Bring to a boil, stirring constantly. Boil without stirring for 4 to 5 minutes. Remove from heat and stir in baking soda (mixture will bubble up a little). Quickly and carefully pour over popcorn and pretzels and toss using wooden spoons to mix. Spread over prepared baking sheet and bake for 1 hour, stirring every 15 minutes.

3. Remove from oven and transfer popcorn mixture to parchment paper to cool. Drizzle with melted white chocolate and semi-sweet chocolate. Let cool completely to let chocolate set. Store in an airtight container.

THE CANADIAN PRESS

Rose Reisman EAT THIS

THIS WEEK: McDonald's

In recent years, McDonald's has tried to include healthier menu items in an effort to change the perception that this massive chain only serves unhealthy junk food. Customers are demanding fresh and wholesome food, and McDonald's is coming to the rescue. But would-be healthful McDonald's customers beware — healthy-sounding items can be deceptive, especially with dishes like the Keep Calm, Caesar On Entrée Salad Bowl.

PICK THIS

Sweet Chili Signature McWrap

Ingredients
Grilled chicken breast, Thai sauce, iceberg lettuce, cucumber, McChicken sauce, whole wheat flour tortilla

Calories 410
Fat 13g
Sodium 940mg
Carbohydrates 45g

SKIP THIS

Keep Calm, Caesar On Entrée Salad Bowl

Ingredients
Baby kale, lettuce, crispy bacon, Parmesan, croutons, fried chicken, Caesar dressing

Calories 730
Fat 53g
Sodium 1400mg
Carbohydrates 30g

HERE'S WHY

The fat equivalent of two Big Macs

This kale and romaine salad seems to be a healthy alternative but this Keep Calm Caesar salad is anything but. The nutrients of the baby kale won't outdo the damage from the "crispy" chicken — a.k.a. deep fried — the bacon and high fat creamy dressing, which alone contains over 200 calories and 22 g of fat! Take note — the nutritional information on the website doesn't add in the dressing. You may as well indulge in two Big Macs in terms of fat!

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An ounce of prevention

Here are some ways you can help protect yourself so you're enjoying the season instead of nursing a seasonal sickness:

GET VACCINATED
Getting vaccinated is the best way to help keep influenza from interrupting your life. To learn more about the flu shot, visit your Shoppers Drug Mart Pharmacist or go to shoppersdrugmart.ca/flushot.

WASH UP
Fact: that shopping cart or doorknob you just touched could have germs that lead to a cold or flu. To make sure your hands are properly clean, rub them with soap and warm water for 15 to 20 seconds. If you aren't near a sink, have a hand sanitizer handy.

GET SOME REST
Getting at least seven hours of sleep a night helps you control the hormone cortisol, which is responsible for regulating your immune system. Some ways to help you fall asleep include avoiding rich meals right before bed, not drinking too many liquids before going to sleep and maintaining a regular sleep schedule.

SHUTTERSTOCK

A SOLID D
Living in a northern climate means we may be deprived of the vitamin D our immune system needs to function properly. Foods like milk and salmon are loaded with vitamin D, and you can supplement your diet with a multivitamin to help your body store the D it needs to help you stay healthy this season.

Already sick? Here's how to help yourself feel better

For your throat and chest
Your Pharmacist can recommend a product right for you. A product like Robitussin Cough Control Extra Strength with Mucus and Phlegm Relief soothes throats and helps relieve dry coughs and chest congestion.

For your sinuses
Otrivin® Saline is a natural nasal spray to unblock your nose. Breathe Right® non-medicated nasal strips can open up your nose instantly — and they're available for kids, as well. Advil® Cold & Sinus can also give relief, opening your airways by shrinking swollen nasal passages and making it easier to breathe.

For your kids
If your little one comes down with a fever, Children's Advil® can give them up to eight hours of relief. Your Pharmacist can help you determine a product appropriate for your child's age and weight.

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Digital nomads

Millennials are much less likely to define geographical boundaries

Jessica Wynne Lockhart

Geoff and Katie Matthews have uprooted their life every few months over the last two years. KATHLEEN L. MATTHEWS PHOTO

It's what some people might call the "sweet life."

After spending nearly a year in Prague, Geoff and Katie Matthews recently relocated to Mexico for six months. It's their 11th move since 2013; over the last two years they have uprooted their life every few months. Together, they have travelled to approximately 50 different countries, including driving from Croatia to Bosnia to Montenegro, exploring Scotland's Outer Hebrides, and living on a villa in Portugal.

How they do it? Or, more specifically, how do they afford to do it? The answer is easy: For Geoff and Katie, travel doesn't equate to vacation. Instead, the two small business owners work from the road.

"We have done the 'save up, go travelling' a couple of times, but when we left Canada in 2013, the plan was to build businesses as we went," said Katie, 34.

Using her background in recruitment and PR, Katie started a business producing content and helping clients define their personal branding, while Geoff, 39, launched a video editing business. Both work remotely with clients around the world.

"I think our lifestyle actually shaped the business, rather than the other way around," Geoff said.

The Matthews are part of a new business class of travellers — digital nomads. Previously, becoming location independent didn't seem feasible, except for those with freelance already in their job titles.

Today, it's estimated that more than 200 million North Americans are mobile workers, according to the International Data Corporation. While no firm statistics exist on how many of these individuals are taking advantage of their ability to travel, the number of digital nomads is undoubtedly growing. By 2018, Staffing Industry Analysts estimates online staffing costs will jump to $5 billion from $1 billion annually.

Entrepreneurial millennials are much less likely to define their small businesses — or their lifestyles — by geographical boundaries. Instead, for these mobile developers, graphic designers, illustrators, writers, day traders and even online poker players, their mantra seems to be "have Internet, will travel."

"My favourite part about this — aside from being able to work in your pyjamas all day — is really being able to immerse yourself in different cultures," Geoff said. "As far as an end game, it's a big question mark — the world's a big place and there's more to see."

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metro SPORTS
Your essential daily news

The Jays claimed switch-pitcher Pat Venditte off waivers from the A's before Game 3

Goins gets tough as Jays erupt

MLB POST-SEASON

Toronto 2B joins Tulo, Donaldson in homer parade

Troy Tulowitzki, Josh Donaldson and Ryan Goins homered as the Blue Jays bats woke up Monday night, battering Royals ace Johnny Cueto in an 11-8 Toronto win that cut Kansas City's lead to 2-1 in the American League Championship Series.

Kansas City rallied for four runs in the ninth but it was too little, too late.

The Royals won 5-0 and 6-3 in Kansas City, handcuffing the Jays' powerful offence. But that changed in Game 3 in front of a loud sellout Rogers Centre crowd of 49,751.

"We need to score," Toronto manager John Gibbons said before the game. "That's kind of who we are."

And that's exactly what they did, with Tulowitzki, Donaldson and Goins combining for nine RBIs.

The 11 runs set a Toronto franchise record for most runs scored in a post-season game at home.

It also marked the third time in Jays' playoff history that the team has scored 10 or more runs. The three homers matched a franchise single-game playoff mark.

Apart from the Royals rally, the lone sour note was Tulowitzki's ejection after taking the field in the eighth, seemingly for chirping home plate umpire John Hirschbeck. The Jays shortstop, who had to be held back by bench coach DeMarlo Hale, had just struck out for the second time and wasn't happy about it. Neither was the crowd.

After giving up a run to Kansas City in the first inning, Toronto sent eight men to the plate in the second and nine in the third to build a 9-2 lead. Goins, who had driven in two earlier runs, made it an even 10 with a solo shot in the fifth.

Birthday boy Jose Bautista, who turned 35, made it 11-4 with an RBI single in the eighth. The Royals added two runs on three hits and a sacrifice fly in the ninth off Liam Hendriks, forcing Gibbons to bring in closer Roberto Osuna.

Kendrys Morales then hit a two-run homer to make it interesting.

For Goins, it was an evening of redemption after a fielding blunder that opened the door to the Royals winning rally in Game 2 Saturday. He did damage with the bat and showed off his silky fielding skills.

For Tulowitzki, who is still feeling the effects of a late-season shoulder injury, it was a second straight successful outing at the plate after a playoff slump.

For Cueto, it was simply a night to forget. He was pulled after giving up four runs in the third when he failed to get out the five hitters he faced. He retired just six of the 17 batters he faced.

Cueto gave up eight runs on six hits with four walks, one hit batsman and two strikeouts in two innings. He threw 69 pitches, of which only 39 were strikes.

In going down in flames, Cueto set a Royals record for runs allowed in a post-season game. And he became the first pitcher in post-season history to allow at least eight earned runs and 11 baserunners in two or fewer innings pitched, according to ESPN Stats.

Marcus Stroman pitched 6 1/3 innings in a bend-but-don't-break performance, giving up four runs on 11 hits with one walk and one strikeout.

Aaron Sanchez, Mark Lowe, Hendriks and Osuna pitched the rest of the way. THE CANADIAN PRESS

Ryan Goins got redemption after Game 2's costly fielding misplay by getting the Jays' offence going with a two-run single in the second inning before adding a solo home run in the fifth Monday night. CHARLIE RIEDEL/THE ASSOCIATED PRESS

ALCS Game 3

11 8

They Jays chased the Royals' Johnny Cueto after two innings while Marcus Stroman battled for 6-1/3.
LEFT: CHARLIE RIEDEL, RIGHT: MATT SLOCUM/THE ASSOCIATED PRESS

The rout was on after Josh Donaldson's two-run shot, capping off a six-run second inning that ended with the Jays up 9-2.
CHRIS YOUNG/THE CANADIAN PRESS

HOW'D YOU VOTE?

The lone Canadians on Toronto's roster are Russell Martin and Dalton Pompey.

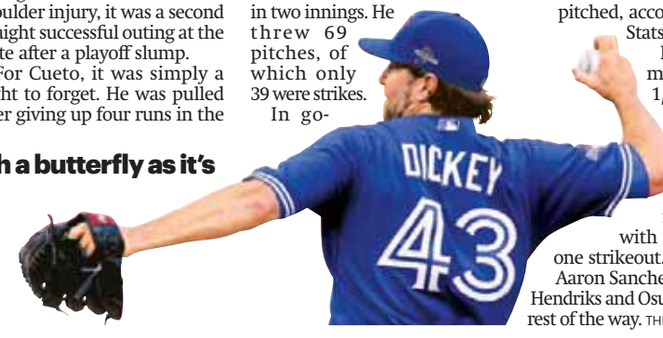
Martin declined to answer questions about the election Sunday, while the 22-year-old Pompey acknowledged he's never voted. He's only been eligible once before, for the May 2011 election.

Pompey said some of his 33,000 Twitter followers had asked him to urge others to vote

"I'm definitely going to tweet it out and raise awareness," he said.
THE CANADIAN PRESS

Have you ever tried to catch a butterfly as it's floating around in the air?

Russell Martin, who says he wishes he could put a camera on his mask so viewers could see the movement he sees when catching Tuesday's starter, knuckleballer R.A. Dickey.



McDavid already turns heads

OILERS

Edmonton's top pick serves notice with breakout game

On Thursday, with his famous son still awaiting a breakout performance, Brian McDavid was ushered to an Edmonton Oilers backdrop and encircled by a rush of microphones. He was asked to describe the sensation of being inside a media scrum: "Uh, uncomfortable."

"No, it's fine," McDavid quickly followed. "He's a professional. I've learned from him."

Connor McDavid is still only 18 years old, but he already has spent a lifetime in front of cameras and microphones amidst intense public interest.

His father held court with reporters near the end of his son's first full week in the NHL — an unnervingly unremarkable week. But by the end of the weekend, the spotlight had returned to the ice and to a sense of hope in Edmonton.

"Oilers fans want to believe, so badly, that this is the guy," retired Oilers defenceman Jason Strudwick said Monday. "That this is the guy who is truly going to lead them out of the darkness."

McDavid had his first breakout game Saturday, with two goals and an assist in a win over the Calgary Flames. The Oilers had lost all five games against their provincial rival last season and were outscored 21-8. With McDavid's help, they won 5-2.

> **Oilers fans want to believe, so badly, that this is the guy.**
> Jason Strudwick

On Sunday, he collected an assist in a 2-1 overtime win against Vancouver.

McDavid has five points in his first six NHL games, tied for the third-most among rookie skaters. That puts him on pace for 68 points this season — which is behind the rookie pace set by other so-called generational talents such as Wayne Gretzky (137), Sidney Crosby (102) and Mario Lemieux (100), but safely ahead of what the Oilers projected in public.

Before the season, Edmonton general manager Peter Chiarelli suggested he would be happy with 20 goals and 40 points.

"The change in him, in those five games, is like night and day," said Strudwick, host of a daily two-hour local affairs program on City, in Edmonton.

"He's taking the bull by the horns and he's going and creating and being aggressive. And it's so much fun to watch."

One of the best demonstrations of his skill was not recorded in the game summary. Early in the third period against Calgary, McDavid poked the puck away from a backtracking Flames defenceman, drove in toward the slot and pulled the puck back and away from a second defenceman. If not for Jonas Hiller's sprawling paddle save, McDavid might have landed the highlight of the week.

Strudwick, an Edmonton native, spent the final three seasons of his NHL career with the Oilers as they probed new depths in the standings. He said the fact the team already has a trio of recent first overall draft picks on the roster — Taylor Hall (2010), Ryan Nugent-Hopkins (2011) and Nail Yakupov (2012) — will make a difference.

"I think Connor is much more insulated here now than a Taylor Hall was, or a Nugent-Hopkins was," Strudwick said. "And I think that will help his development."

"He's going to be a great player for a long time," Canucks forward Alex Burrows told The Vancouver Sun. "He'll probably grow another inch and add 20 pounds. He'll be something to see."

TORSTAR NEWS SERVICE

Connor McDavid celebrates his first career NHL goal last Tuesday in Dallas.
RONALD MARTINEZ/GETTY IMAGES

SOCCER

Neymar making most of Messi's absence

Lionel Messi's injury might just be what Neymar needs.

With Messi out of action, the Brazil striker has taken over the spotlight at Barcelona and has the room to prove he has what it takes to finally make the three-player shortlist for the player of the year award.

Neymar is almost certain to be in the 23-player list that will be announced Tuesday for the FIFA Ballon d'Or award. It would be the fifth consecutive time he makes it that far, but this could be the first year in which he has a realistic chance of breaking into the top three. Neymar is making a strong case for himself thanks to outstanding performances early in the season, including a four-goal game in the Spanish league on Saturday.

"Impressive, unstoppable, electric," Barcelona coach Luis Enrique said of Neymar after the match. "Almost impossible to stop without committing penalties." Neymar has become the go-to guy since Messi tore a ligament in his left knee nearly three weeks ago, attracting most of the attention of the defenders, setting up teammates and even taking the penalty kicks.

Neymar
GETTY IMAGES

Barring more injuries, there is little doubt that either Messi or Cristiano Ronaldo will win the best player award in January, as has happened the past seven years. But making it to the top three would be considered a great achievement for the 23-year-old Neymar, who is in his third season with Barcelona.

It would be another step toward his goal of becoming the best in the world, something he has wanted since beginning his career with Brazilian club Santos. Neymar recently played his 100th match with the Catalan club, reaching the milestone with better numbers compared even to Messi in goals scored and assists.

"I want to keep making history, winning everything with the club," said Neymar, who leads the Spanish league in scoring with eight goals in as many matches.

THE ASSOCIATED PRESS

> **Impressive, unstoppable, electric.**
> Barca coach Luis Enrique on Neymar after his 4-goal game

INTERNATIONAL WOMEN'S SOCCER

Buchanan shortlisted for 2015 Ballon D'Or, FIFA women's player of year

Canadian coach John Herdman has long said teenage defender Kadeisha Buchanan had star quality.

On Monday, he was proved right again as the 19-year-old from Brampton, Ont., was one of 10 shortlisted for the 2015 Ballon D'Or, which honours the women's player of the year.

Herdman, meanwhile, is shortlisted for women's world coach of the year for the second time in his career. He was also nominated in 2012, when he finished sixth in voting. Contenders for the FIFA men's playing and coaching awards will be announced Tuesday.

Buchanan, who plays collegiate soccer at West Virginia, turned heads at the Women's World Cup on home soil this summer when she won the Hyundai Young Player Award and was the lone Canadian on the tournament all-star squad.

Still a teenager, Buchanan already has 40 caps. Tough, physical and fast, she is the anchor in the Canadian defence.

In being shortlisted for the world award, Buchanan follows in the footsteps of Canadian captain Christine Sinclair, long the face of Canadian women's soccer.

Herdman drew that parallel back in May 2014 after Buchanan starred in a 1-1 tie with the U.S.

"I'm not frightened to say it, she's the Sinclair of defenders. She's that good," Herdman said.

"We'll find some areas to keep working on, but she's got the chance to be the best in the world at her position. That's the reality."

The United States, which won the World Cup in July, is the best represented country on the shortlist with three players: Hope Solo, Megan Rapinoe and Carli Lloyd. The other candidates are Germany's Celia Sasic and Nadine Angerer, who won the award in 2013; France's Amandine Henry and Eugenie Le Sommer; Japan's Aya Miyama; and Switzerland's Ramona Bachmann.

Brazil's Marta, who won the award every year from 2006 to 2010 and was the runner-up last year, did not make the 2015 shortlist.

Buchanan is a longshot with Lloyd a favourite after her performance at the World Cup where she won the Golden Ball as player of the tournament, the Silver Boot as second-top scorer and was honoured for best goal of the

TORSTAR NEWS SERVICE

Kadeisha Buchanan won the FIFA Young Player Award at last summer's Women's World Cup.
MINAS PANAGIOTAKIS/GETTY IMAGES

RECIPE Italian Roommate Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This dinner is as much vegetables as it is pasta yet it's still pure comfort in a bowl. **Serves 4.**

Ready in
Prep time: 20 minutes

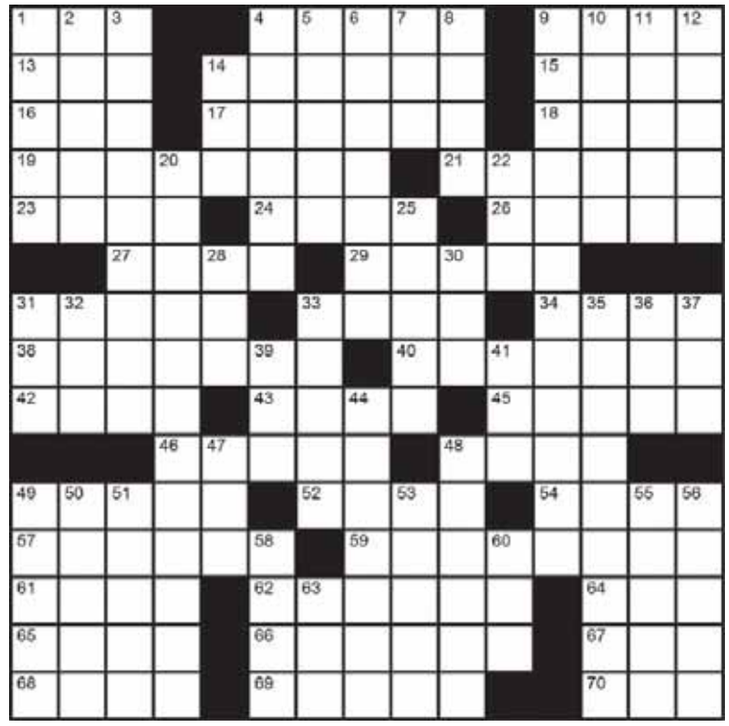
Ingredients
- 1 Tbsp of olive oil
- 1 medium onion, diced
- 2 cloves of garlic, minced
- 1 cup bacon, chopped into 1-inch to 2-inch pieces
- 500 grams of whole wheat fusili
- 4 medium zucchini, julienned
- 3 eggs
- 1 cup Parmesan, grated
- Pepper to taste

Directions
1. In a large pan, warm up your olive oil over medium heat and add onions, garlic and bacon. Allow bacon to crisp up, about 5 to 7 minutes.
2. Put a big pot of salted water on to boil for the pasta.
3. Chop zucchini into matchsticks and add to the bacon mixture. Give it all a good stir so that the zucchini gets well coated. Allow it to cook down for at least 15 minutes, stirring occasionally. Some of the zucchini will start to disintegrate and that's what you're after.
4. Cook your pasta according to the package instructions. Drain it well and throw the cooked noodles into the vegetables and give it all a good stir.
5. In a small bowl, whisk up the eggs and stir in the grated Parmesan. Pour the cheesy eggs into your noodles and mix well. Cook over medium heat until the sauce just sets. The whole thing will go from wet to gooey in just a few minutes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. WWII fliers
4. Mountain bottoms
9. Earthenware pot
13. Calder Cup sports org.
14. Reach that destination on horseback: 2 wds.
15. Canadian actress Ms. Mitchell
16. Egyptian _ (Cat breed)
17. Mystery writer Ms. Christie
18. Chocolate or Pound
19. Slowly-but-surely
21. Sandwich roll
23. Mr. Hershiser
24. Ms. Brockovich
26. Category
27. Infliction
29. Bestseller, often
31. Thud
33. Prefix to 'culture'
34. _/_ radio
38. Loverboy's "Working for the _"
40. Coat: French
42. Unaltered
43. Music's Tori
45. Cars of Italy
46. Dobie Gray hit: "_ '_' Crowd"
48. Much: 2 wds.
49. Analyze
52. Rip
54. Cosy retreat
57. Actress Sissy
59. Crafts people
61. Ms. Kotb of NBC
62. Values
64. Ms. Leoni
65. Wing-shaped
66. Do charades: 2 wds.
67. Boo-boo do
68. Klingon in the 'Star Trek' universe
69. Mythological blood
70. Lefts opposites [abbr.]

DOWN
1. Sylvester Stallone role
2. Not _ _ out of place
3. Title of American composer John Cacavas' music piece featured in the Canadian wildlife TV vignettes Hinterland Who's Who: 2 wds.
4. England... Iconic bell/clock in the Elizabeth Tower in London: 2 wds.
5. Irish tune: "Robin _"
6. Literary locale
7. Shakespearean suffix
8. Saturate
9. The scientists at #48-Down jointly won "for the discovery of neutrino _, which shows that neutrinos have mass"
10. _ Apso (Dog from Tibet)
11. 'Great' waters
12. Australian attraction, _ Rock
14. Mr. Liotta
20. Layering piece for Fall fashion: 2 wds.
22. High card
25. Standards
28. Pres. Eisenhower
30. Through
31. Shirley's portrayer on "Laverne & Shirley" ...her initials-sharers
32. French actress Ms. Seydoux of the upcoming 007 flick
33. Acknowledge
35. Carnivore
36. Business excess
37. 12th Greek letters
39. Scottish refusal
41. Dallas Cowboys org.
44. When astronauts aren't in space, they are where?: 2 wds.
47. Donkey's partial laugh
48. 2015 Nobel Prize in Physics winners: _ B. McDonald (Canada) and Takaaki Kajita (Japan)
49. "Poppycock!"
50. Speedskater, _ Anton Ohno
51. "M*A*S*H" role
53. _-Detoo (George Lucas character)
55. Hagar the Horrible's dog
56. Ivan and Nicholas
58. "The Bridge on the River _" (1957)
60. 'Violin' suffix
63. Job [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
In one area of your life at least your efforts are about to pay off. However, your health could suffer if you overdo it physically. You need to get the balance between work and play just right. Make that your aim today.

Taurus April 21 - May 21
You may be tempted to force through changes you know others don't want but think of the resentment that could create. You may have a remarkable will to win, but you don't have to win every time.

Gemini May 22 - June 21
If you find yourself in a situation that makes you feel uncomfortable then get up and leave. Don't worry that it might be interpreted as being rude.

Cancer June 22 - July 23
Pay no attention to rumours today. If certain people want to spread gossip that's up to them but it won't do you any good, so keep your distance and make sure you deal only in facts.

Leo July 24 - Aug. 23
You could clash with someone who does not share your principles — or maybe has no principles at all. Just remember there are many out there who share your beliefs.

Virgo Aug. 24 - Sept. 23
You cannot keep up your present frantic pace for much longer, and if common sense doesn't tell you then what happens over the next few days will hammer home the point, maybe painfully. Slow down and calm down.

Libra Sept. 24 - Oct. 23
Don't get emotional about something that needs to be dealt with on a purely mental level. If you allow your feelings to get the better of you then you will only confuse yourself.

Scorpio Oct. 24 - Nov. 22
Try not to take yourself too seriously, especially if certain people flatter you. Most likely they are after something and hope that by saying the right things you will give it to them. But you're not that gullible, are you?

Sagittarius Nov. 23 - Dec. 21
There are a lot of challenges coming your way but you will come through unscathed. Even the most testing trial can be turned into a triumph if you show the right attitude.

Capricorn Dec. 22 - Jan. 20
You may find it difficult to get along with certain people. Make the effort because there could be financial repercussions if they feel you are being unfriendly for no good reason.

Aquarius Jan. 21 - Feb. 19
Control your temper, no matter how much others provoke you. Keep your cool by reminding yourself what could be at stake in the long-term — your professional status.

Pisces Feb. 20 - March 20
Anyone who takes you on today is likely to regret it. Cosmic activity in your opposite sign of Virgo makes you hugely combative, so much so that you may actually go looking for trouble. Try not to alienate people.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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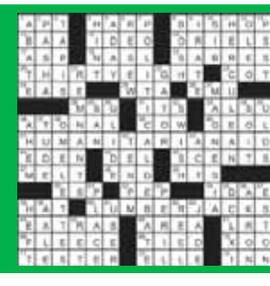

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